

live well, work well

Health and wellness tips for your work, home and life—brought to you by the insurance and healthcare specialists at M3.

Men's Health: Tips for a Healthy Life

The leading cause of death for males in the U.S. is heart disease—followed closely by cancer. Adhere to a healthy lifestyle to avoid being part of the statistic.

Watch What You Eat

What you eat and drink can make a significant difference in your overall health. Eating five or more fruits and vegetables a day, little saturated fat and avoiding trans fats can improve health, reducing the risk of cancer and other chronic disease.

Know Your Risks

Your parents, grandparents, work and home habits, environment and lifestyle all contribute to your health and health risks. These factors may put you at an increased risk for certain diseases or conditions. Since you can't change many of those factors, focus on addressing any negative behaviors you do have control over, such as your diet, activity level or quitting smoking. Make as many healthy changes for your body as you can.

Get Moving

More than 60 percent of American men and women do not get enough physical activity to provide health benefits. For adults, 30 minutes of moderate physical activity on most days of the week is recommended. It does not take a lot of time or money, but it does take

commitment. Start slowly, work up to a satisfactory level, and do not overdo it. Develop one routine or try something different every day. Find fun ways to stay in shape and feel good, such as dancing, gardening, cutting the grass, swimming, walking or jogging.

Manage Your Stress

Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. Balancing obligations to your employer and your family can be challenging. Protect your mental health by engaging in activities that help you manage your stress, both at work and home, such as spending time doing your favorite hobby, exercising, reading or doing something else you enjoy. This will help reduce stress and keep you mentally healthy.

Get Routine Exams

Routine exams and screenings can help save lives. Based on your age, health history, lifestyle and other important issues, you and your health care provider can determine how often you need to be examined and screened for certain diseases and conditions. These include high blood

pressure, high cholesterol, diabetes, sexually transmitted diseases and cancers of the skin, prostate and colon. When problems are found early, your chances for treatment and cure are significantly greater, so getting routine checkups can save your life.



Did You Know...?

Health is not merely the absence of disease, it's a lifestyle. Whether it's getting enough sleep, relaxing after a stressful day or enjoying a hobby, it's important to take time for yourself. Take steps to balance work, home and play. Pay attention to your health, and make healthy living a part of your daily life.